The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

## WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

## THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

## WHAT IT COVERS

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care

## WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

### 2023 Virtual Trainings:

- April 27, 2023 (Adult)
- May 2, 2023 (Youth)
- June 29, 2023 (Youth)
- August 31, 2022 (Adult)
- October 26, 2023 (Adult)

All trainings: 8:30 a.m. – 4 p.m.

### On average, 123 people die by suicide each day.

– American Foundation for Suicide Prevention

### From 1999 to 2016, 630,000 people died from drug overdose.

– Centers for Disease Control and Prevention

### Nearly 1 IN 5 U.S. adults lives with a Mental Illness.

– National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration

To find out more about course dates and to register for a course in Kansas email MHFA-KS@DCCCA.ORG